

'Be your own Advocate'

Top tips on how to speak up and be heard

1. What are your **non-negotiables**?
2. Think: **inner volcano**
3. How to: **5 W's**
 - Why do you want to speak up?
 - Who do you want to speak to?
 - Where do you speak? - choose the venue/opportunity
 - What specifically do you want to say?
 - What body language do you need to use?
4. **Personable approach**: Use passion, ask for help and advice on successes
5. **Amplification**: If all else fails, use others to speak up for you 'advocates' of your expertise
6. As a manager, **encourage others to speak up** 'can you tell me one thing I could do better?'

